

# **PATH4YOU: Patient-Centered Contraception Care in the State of Indiana**

*IDHCA Development Day Conference – May 12, 2023*



**PATH4YOU.ORG**  
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# Goals

- Contraception among people experiencing homelessness
- PATH4YOU
  - Who are we
  - Reproductive Justice Foundation
  - Review of program
- Types of birth control
  - Myths and Misconceptions



# A note about language

- Contraception access applies to all people
- Contraception is not only used for pregnancy prevention
- Language and research has often been based in binary terms



# Setting the Stage: Background

- General Health
- Women & Families
- Violence
- Barriers to healthcare
- ACEs/Trauma



# Reproductive Health

- Menstruation/Bleeding
- Pregnancy
- Contraception
  - Decreased use
  - Less effective methods/Inconsistent use
  - Condoms
    - Dual protection
    - Availability



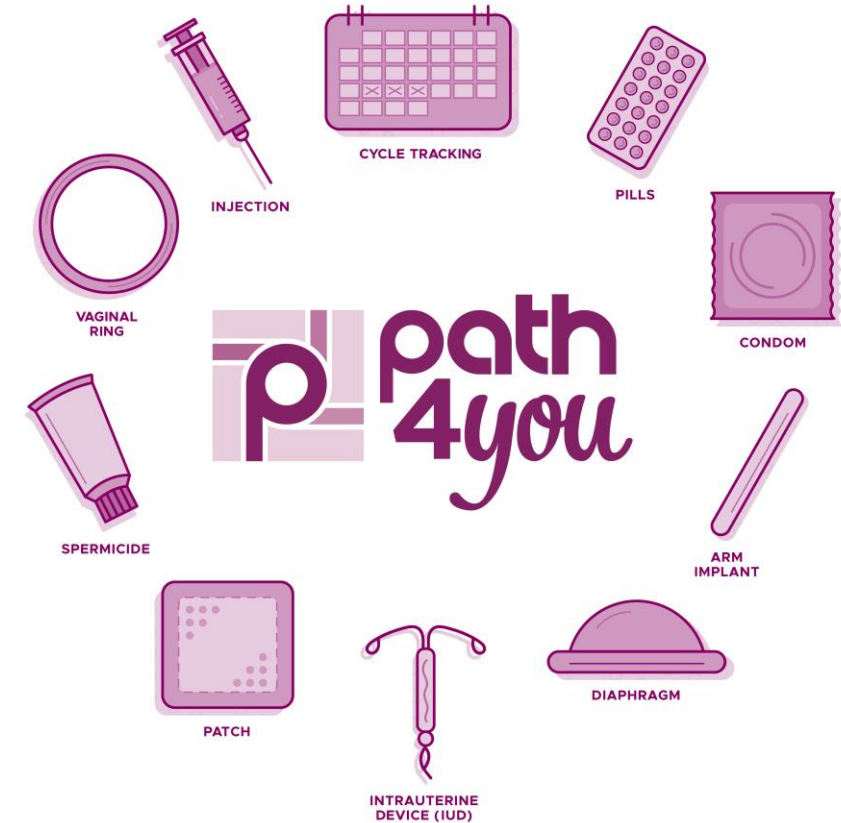
# Contraception Cont.

- Barriers
- Comprehensive Counseling
- LARCs



# Birth Control Methods

- Intrauterine devices
- Injections
- Implants
- Spermicide
- Natural Family Planning/Cycle Tracking
- Withdrawal/ Pull Out Method
- Patch
- Ring
- Diaphragm
- Cervical Caps
- Phexxi
- Internal/External condoms
- Pills
- Sterilization (Tubal ligation or Vasectomy)
- Sponges
- Emergency Contraception Pills
- And more?





# Options for Birth Control

- Hormonal and non-hormonal
  - Hormonal: combined and progestin only
  - Non-hormonal: barrier and other
- Long Acting Reversible Contraception (LARC) and non-LARC
- Frequency of user interaction
- Patient controlled and provider controlled
- Effectiveness and efficacy





# PATH4YOU Overview

- FREE
- Based in Reproductive Justice model
- Access to ALL methods of birth control without insurance or citizenship requirements
- Pregnancy planning counseling
- Title X partnerships for minor access



# PATH4YOU Team



**Brownsyne Tucker Edmonds, MD, MPH, MS**



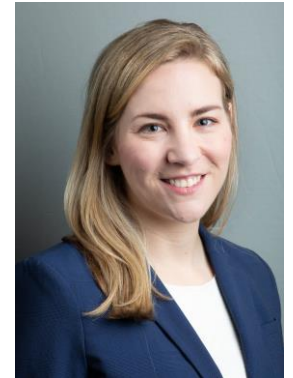
**Caitlin Bernard, MD, MSCI**



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**Kathleen Wendholt, MPA, CCRP**



**Maria Fernandez, BA**



**Cara Berg Raunick, DNP, CNP, CSC**



# Reproductive Justice Framework

The human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities.

*-Sister Song, Women of Color Reproductive Justice Collective*



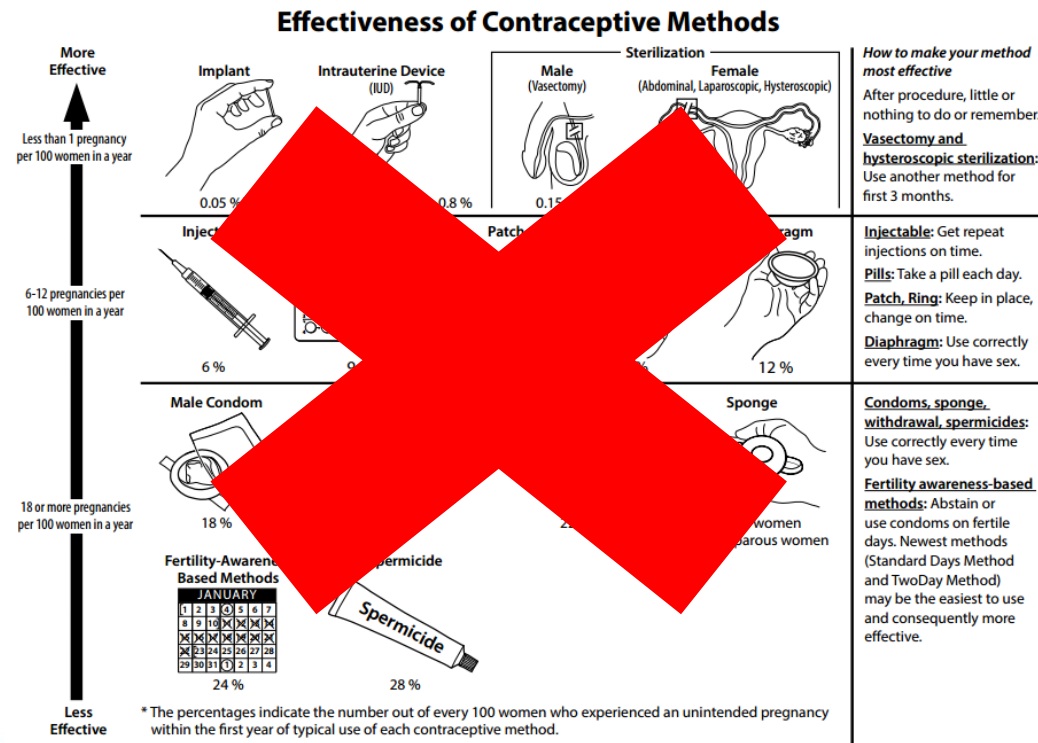
# Patient-Led, Individualized Care

- What matters most to you?
  - Side effects
  - Control
  - Effectiveness
- Empowered Choice
- Reducing Barriers





# How are those methods presented?



# Program Pillars

## Reproductive Justice Framework

- Universal screening for pregnancy preferences/attitudes
- Comprehensive contraceptive/reproductive health counseling
- Same-day contraceptive methods for free



# How we do this...

Patients complete a Birth Control Explorer. This is a patient-centered decision aid that includes:

- Pregnancy Intention Screening
- Comprehensive information about birth control options





Our Birth Control Explorer (MyPath Tool) can help you learn about birth control options based on what is important to YOU before your appointment. Here's what you can expect:

- The Explorer takes about 10 minutes to complete.
- Questions about birth control wishes, experiences, and pregnancy plans.
- An option at the end of the Explorer to send yourself a summary to share with your provider (if you wish).

Birth Control Explorer



If you are ready to schedule an appointment after learning about your options, that will be the next step.



## BIRTH CONTROL OPTIONS

Click through each section to get important basics about each birth control method. After completing all the sections, you'll be asked about what matters to you in a method and get recommendations about the best options for you.

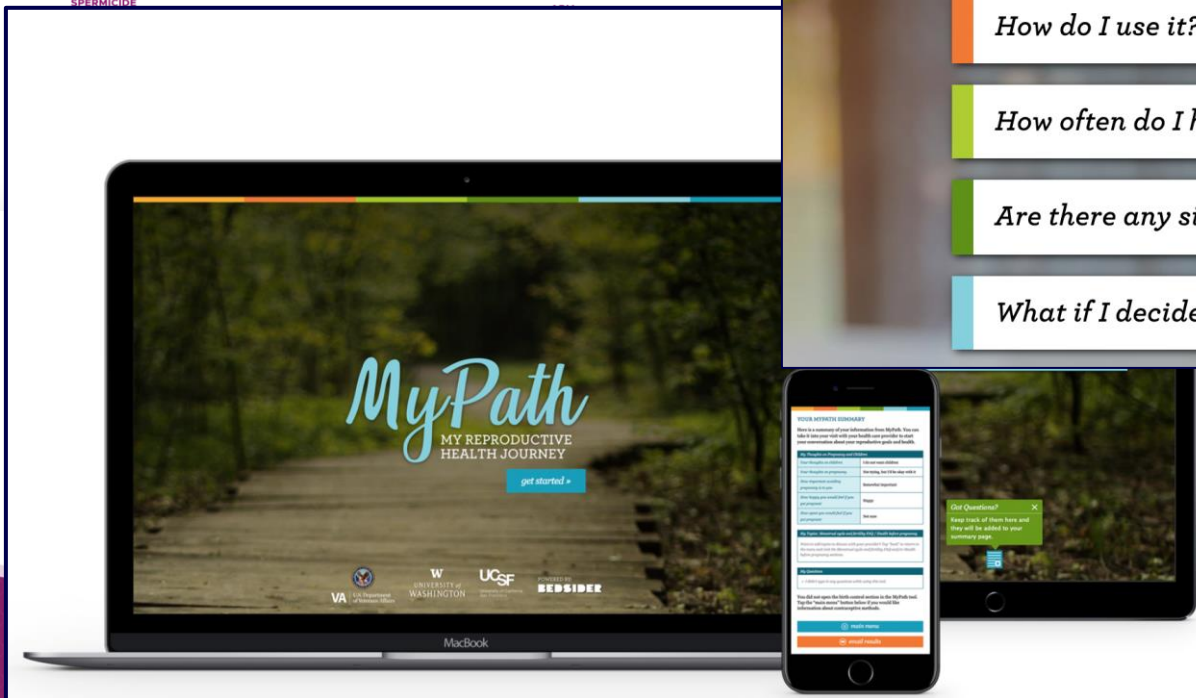
How well does it prevent pregnancy? ▶

How do I use it? ▶

How often do I have to remember it? ▶

Are there any side effects? ▶

What if I decide to get pregnant? ▶



# Provide Care

- Telehealth
- In-Person Care

## Book a Visit with PATH4YOU

The goal of PATH4YOU is to get you access to the care that you want and deserve. If you have any trouble accessing this program, please contact us ([path4you@iu.edu](mailto:path4you@iu.edu) or 317.278.7284). We are here to help you.

Use our scheduling tool below to tell us about yourself and find a visit that is right for you!

Schedule your appointment here!

\* Tell us about yourself:

I am 18 or older and want a telehealth visit.

I am 18 or older and want an in person visit

I am under 18

Continue

For patients who would like in-person services outside of Marion County, we recommend the Indiana Family Health Council Network. You can find a full list of those locations at [this link](#) (to view a map of these locations, [click here](#)).



# Same-Day Access to Free Birth Control

## Prescription/Short-Acting Methods

- CVS Voucher for any cost not covered by insurance or for patients without insurance
- Mail-Order Pharmacy to deliver to patient within 24-48hrs

## Procedure/LARC\* Methods

- Partner with organizations that provide same-day access
- Provide Free LARC devices to partner sites

\*LARC=Long Acting Reversible Contraception—like Intrauterine Devices or Arm Implants



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# Combined Hormonal Methods

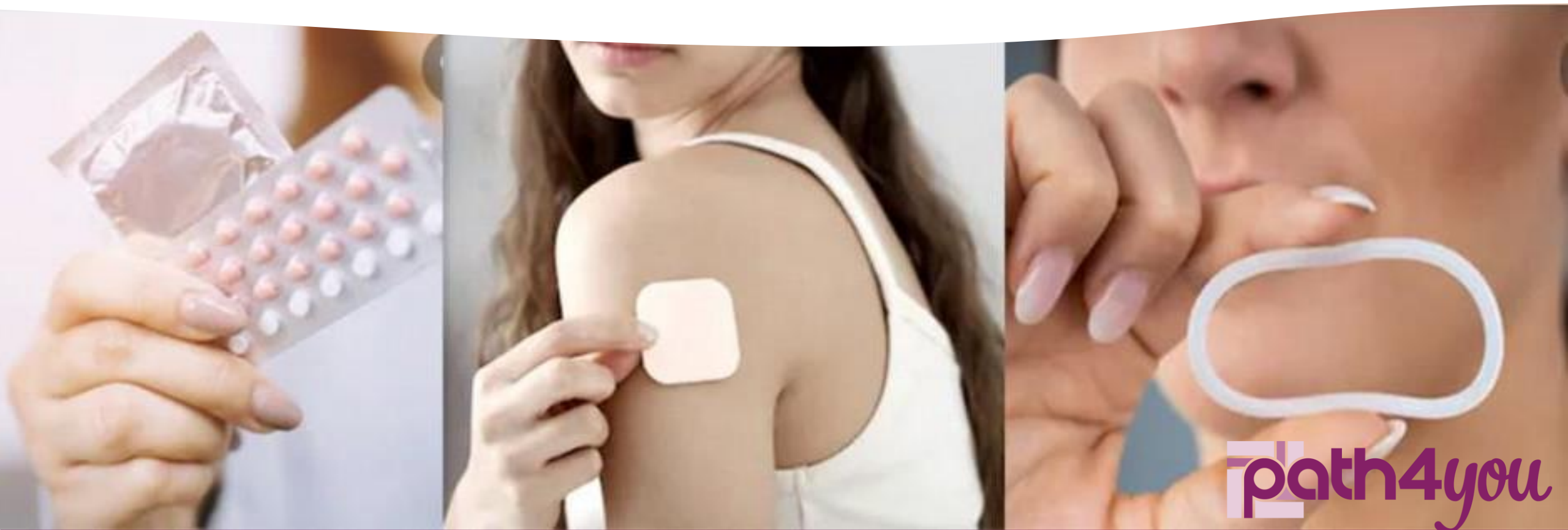
- Pills
- Ring
- Patch





# Estrogen + Progestin Combinations: Pill, Patch or Ring

- 91% effective (or less) due to user-dependency
  - **Pill** = daily
  - **Patch** = weekly (3wks on, 1 wk off)
  - **Ring** = monthly (3 wks in, 1 wk out)
- **MOA:** ovulation suppression & thickening of the cervical mucus
- **Bleeding pattern:** light & regular (*cyclic estrogen effect*)
- **PROS:** Improvement in PMS, acne, HMB/dysmenorrhea, continuous use allows for “skipping” periods




# Progestin Only Methods

- Depo-provera injection
- Pills
- Implant
- Hormonal IUD
- Emergency Contraception







## Depot- medroxyprogesterone acetate: Depo Provera®

- 94% effective
- Injection every 12 weeks
- **How it works:** ovulation suppression & thickening of the cervical mucus
- **Bleeding pattern:** irregular, improves over time
- **PROS:** Improvement in seizures & sickle cell crises, “hidden method” for women experiencing IPV

# Progestin Only Pills



- ~91% effective
- Also known as the 'mini-pill'
- **Pros:** alternative for people who cannot or do not want to be on estrogen containing method
- **How it works:** thickens mucus in the cervix, preventing sperm from reaching egg. Causes change in uterine wall, suppresses ovulation







# Etonorgestrel subdermal implant: Nexplanon

- >99% effective for 5 years
- **How it works:** ovulation suppression and thickening of the cervical mucus
- **PROS:** No pelvic exam → most chosen LARC method for teens, few contraindications



## Hormonal IUD: Mirena<sup>®</sup>, Liletta<sup>®</sup>, Kyleena<sup>®</sup>, Skyla<sup>®</sup>

- >99% effective for 7 years (Mirena/Liletta), 5 years (Kyleena) or 3 years (Skyla)
- **How it works:** spermatotoxic, thickening of the cervical mucus & thinning of the endometrium
- **Bleeding profile:** irregular but light
- **Other benefits:** Treatment for heavy menstrual bleeding & pain, highly effective method of EC



# Emergency Contraception

- 90-99% effective
- **Copper or LNG-IUD**= most effective + long-term coverage
- **Ella**= more effective up to 5 days after sex & if overweight/obese
- **Plan B**= effective up to 3 days after sex, available OTC
- **How it works:** ovulation suppression, prevention of implantation (IUD)
- **PROS:** 'as you need it' use



# Non-Hormonal Methods

- Barriers
- Vaginal Gel
- Copper IUD
- Withdrawal
- Cycle Tracking/NFP





# Barrier Methods

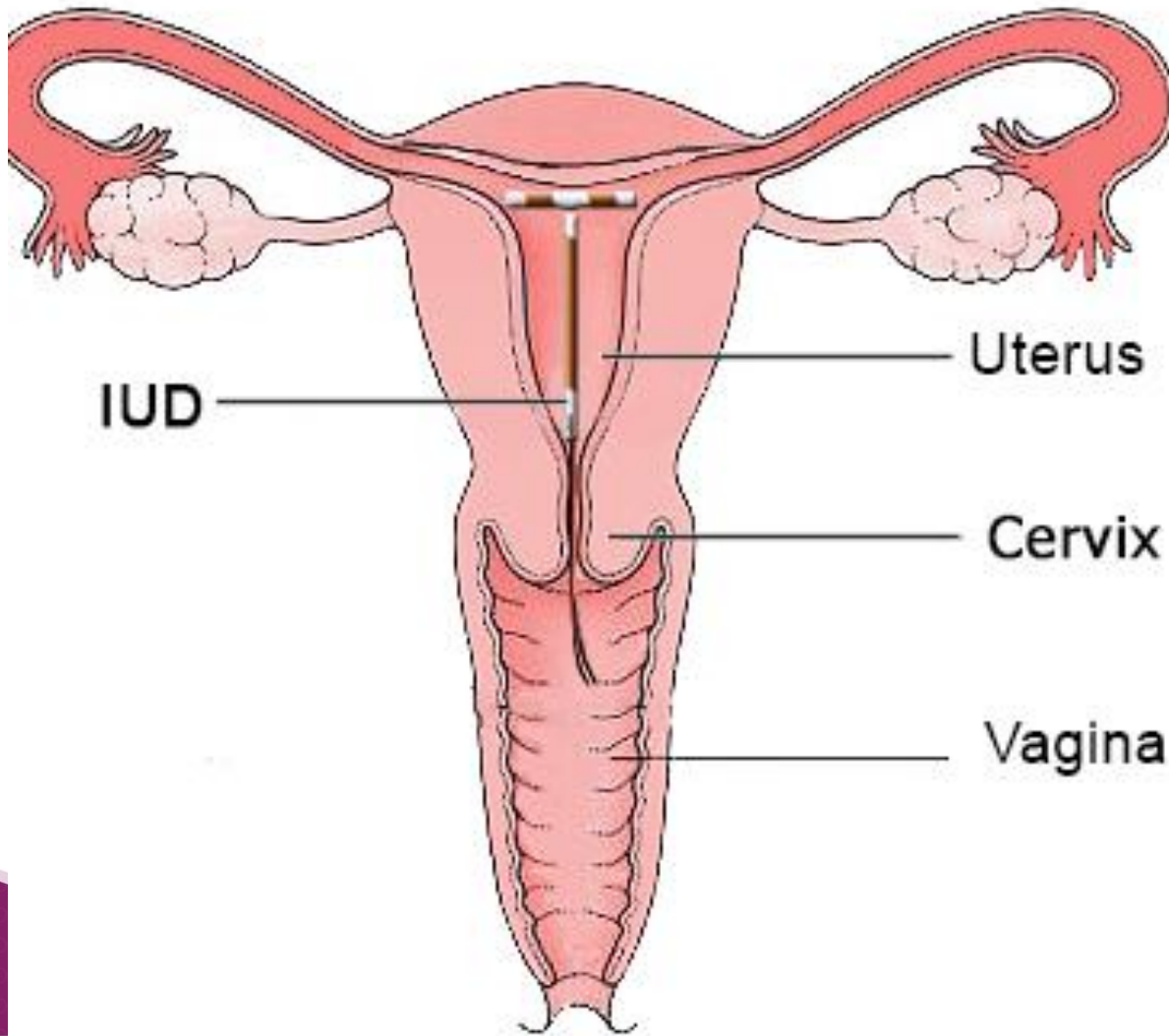
- **Condoms = 79-87% effective**
  - **Caya Diaphragm = 88% effective**
  - **Cervical cap = 71-86% effective (less effective for those who have previously given birth)**
  - **Sponge = 73-86% effective**
- 
- **How it works:** prevention of sperm entering cervix
  - **PROS:** “as you need it” use, condoms also prevent STIs



# Vaginal Gel

- Most common: Phexxi
- 85-93% effective
- **How it works:** maintains vaginal pH to reduce sperm mobility
- **PROS:** 'as you need it' use





## Copper IUD: Paragard®

- >99% effective for 12 years
- **MOA:** spermatotoxic
- **Bleeding profile:** regular but may be heavier/crampier
- **Other benefits:** Most effective non-hormonal method & highly effective method of EC

# Withdrawal

- 80% effective
- Not much to explain! The penis pulls out of the vagina before ejaculation
- Pros: No hormones, no devices



# Cycle Tracking/Fertility Awareness

- Tracking menstrual cycle to understand fertility
- 75+% effective depending on how closely monitored
- Pros: no side effects



# Common myths and misconceptions

- Too expensive/not covered by insurance
- No/low return to fertility
- Painful sex
- LARCS not appropriate for teens
- Increased risk of infection, scarring
- Increased/irregular bleeding
- It's unhealthy to skip your period on birth control
- There is no need to use a condom when using other birth control





# Reproductive Coercion

- Behavior/actions that control or interfere with someone's reproductive freedom and decision making
- Form of abuse, power & control
  - Trying to get someone pregnant when they don't want to be
  - Control outcomes of a pregnancy
  - Coerce/pressure partner to have unprotected sex
  - Interfere with birth control methods



# References

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- <https://www.homelesshub.ca/about-homelessness/health/sexualreproductive-care>







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